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NOTE TO SELF: LEAVE AIRING OF GRIEVANCES FOR FESTIVUS

AUTHOR GIVES TIPS ON
HOW TO SHINE AT YOUR
OFFICE HOLIDAY
PARTY **PAGE 15**



'All we're asking for is our rights'

Injured workers take their
protest outside the office of
London North MPP and Ont.
health minister **PAGE 3**

Mandela's massive memorial

Nearly 100,000 mourners
and world leaders will
honour Mandela today — in
a soccer stadium **PAGE 6**

No captain coming with Knights' Xmas stocking

London coach waiting until
after the world juniors to
pick top Knight **PAGE 17**

Red tape threatening education jobs?



Students learn English in a Culture Works class Monday at King's University College. Their countries of origin include China, Saudi Arabia and Lebanon. MIKE DONACHIE/METRO

Teaching English. London business chief fears for the future



MIKE
DONACHIE
mike.donachie@metronews.ca

"I feel like my government is trying to put me out of business."

Tina Bax is under pressure. The president of London company Culture Works is up against a tight deadline — and she fears she may have to take her business elsewhere if the process doesn't turn out well.

Bax is in the education business, and business is booming.

Culture Works employs 80 people, most of them in London, teaching English as a second language to almost 600 students at King's University College, Western University, Brescia College and other institutions.

But new Ontario regulations — which include much more red tape than those elsewhere in Canada — have

her worried about the future.

Here's the problem: Canada's federal immigration authorities, CIC, have asked the provinces to regulate English language schools, to ensure they're up to standard.

Ontario, which has more schools than any other area, has set tight deadlines for schools to prove they're up to snuff.

Applications had to be sent to the government by September, with less than three weeks' notice at the education sector's busiest time of year.

Detailed paperwork, including audited financial statements, must be submitted by March 31.

That's a huge task, said Bax, who met Ministry of Training, Colleges and Universities staff Monday to emphasize her sector's importance to the economy.

Then there's the cost.

Bax has estimated the mandatory process is costing each school between \$50,000 and \$60,000. That, she says, is a big chunk of any institution's profits, and it could send some companies to

What it's worth

\$8B

The value of international education in Canada, as an industry, according to Culture Works

provinces that aren't implementing any changes, despite the CIC instructions.

"We're not disagreeing with compliance (with education standards)," said Bax. "We support compliance. But to do it in six months is crazy."

Nova Scotia, for example, isn't asking schools to go through the same thing, she said. She doesn't want to move, but if the process in Ontario causes problems she will consider it.

"The future of education is online," she said. "Why would I bother with putting it in Ontario? Why wouldn't I go to Nova Scotia, which is two hours away?"

Bax added: "I've never been more scared for the future of my business than I am today."



Did you know **72%** of pain sufferers regularly have trouble sleeping?

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For sleep tips & more visit
sleep-centre.ca





Chris Bunting, co-owner of the Goodah Gastro Truck, poses in front of the truck as his first customers arrive Monday afternoon in a Queens Avenue parking lot.
SCOTT TAYLOR/METRO

Lineup may give city food for thought

Mobile eateries.

Gourmet grilled cheese on wheels latest in food truck entries

If you park it, they will come.

That play on words was proven Monday when lineups formed in the cold for hot gourmet grilled cheese sandwiches in a parking lot on Queens Avenue near Richmond Street.

The Goodah Gastro Truck is the latest food truck to skirt city bylaws preventing mobile eateries. Goodah Gastro is leasing space in a private lot because it's currently illegal to

operate on a city street — with a few exceptions granted during festivals.

City council has long wrestled with how to handle food trucks and earlier this year postponed a decision that could have spread them across the core.

The issue is expected to be revisited next year.

"We're paying to be here," said Goodah co-owner Chris Bunting during his grand opening. "While the city considers what to do, we didn't want to have to wait."

Neither, it seems, did the people who lined up in the biting wind that made it feel like -9 C.

Quoted

"This will be our foundation here in London."

Goodah Gastro Truck co-owner Chris Bunting, on his Queens Avenue location.

"I love food trucks, and I wish we had them," said customer Betty Morash. "I have no idea why we don't."

The oft-stated objection is that they're unfair competition to restaurants. Because they have low overhead, owners of food trucks can sell food cheaper.

Ontario Restaurant, Hotel and Motel Association CEO

Tony Elenis said months ago he thinks a green light for food trucks would be a death knell for some restaurants.

Morash humbly disagreed. "I'll go to a restaurant if food trucks are nearby," she said. "If the restaurant offers good food and good service, they should have nothing to worry about."

Meanwhile, expect to see the Goodah Gastro Truck in the same place every Monday, Wednesday and Friday throughout the winter.

And if councillors do open up the city?

"When they allow us, we'll be ready to go," Bunting said.

SCOTT TAYLOR/METRO

On the roads. Police have nabbed 184 drivers during Festive RIDE blitz

The OPP have charged 184 drivers for being impaired or refusing to take a roadside breathalyzer test and issued 165 licence suspensions just a little more than two weeks into its Festive RIDE campaign.

In Middlesex County, eight drivers have been sanctioned. Of them, six were issued roadside suspensions

for three, seven or 30 days.

The holiday RIDE (Reduce Impaired Driving Everywhere) campaign started Nov. 23 and runs through Jan. 2.

In the past two years, OPP have laid 1,375 impaired driving charges and doled out 1,208 licence suspensions as part of the campaign. **METRO**

Fund focused on new technologies

London's Fraunhofer Project Centre played host Monday as the federal government announced a multi-million dollar investment in Ontario manufacturing.

The federal Advanced Manufacturing Fund will make \$200 million available over five years to businesses in the province as a way to encourage development of new products and technologies.

The money is aimed at diversifying markets and, in turn, helping "Ontario

manufacturers create jobs and compete with the rest of the world," officials said.

Among the goals is fostering collaboration between the private sector, colleges, universities and research institutions.

That made Fraunhofer — a partnership between Western University and Germany's Fraunhofer Society — a perfect setting for the fund's unveiling.

The Fraunhofer centre, which has received federal funding in the past, is fo-

cused on developing and testing lightweight composite materials for use in a variety of sectors, including aviation and automotive.

Money from the new Advanced Manufacturing Fund will generally be doled out in sums between \$10 and \$20 million per project with the funds paying for up to 50 per cent of project costs.

Projects seeking less than \$10 million or more than \$20 million may be considered, officials said.

METRO

Class-action lawsuit

EMDC inmates suing government for \$300 million

Inmates of the Elgin-Middlesex Detention Centre have launched a class-action lawsuit against the Ontario government.

The facility has been the scene of numerous violent confrontations due to overcrowding and lockdowns. Most recently, inmate Adam Kargus, 29, was beaten to death Nov. 1.

The suit, announced Monday, is being brought on behalf of all persons jailed at the facility between Jan. 1, 2010, and Aug. 25, 2013, and includes those held at the facility pending trial or other court appearances.

The plaintiffs are Glenn Johnson and Michael Smith, both of whom were inmates at EMDC during the claim period.

The action seeks a declaration that the conditions and practices of the government in the care and custody of inmates violates two sections of the Canadian Charter of Rights and Freedoms.

It seeks damages for negligence, breach of fiduciary duty, assault and battery in the amount of \$300 million.

"The Ontario government owes a duty to the prisoners that are entrusted to their custody to ensure that the conditions at the jail and the treatment of prisoners is humane," said Kevin Egan of McKenzie Lake Lawyers LLP. **SCOTT TAYLOR/METRO**

On the web

For more local news go to metronews.ca



Injured workers hit the streets

Honk for support.
Drivers targeted to show solidarity with protest



MIKE DONACHIE
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Injured workers took their story to the streets Monday, and they picked their spot carefully.

The campaigners, who want better support for people injured at work, set up camp outside the office of London North Centre MPP Deb Matthews, who is also Ontario's health minister, on Piccadilly Street.

They were led by activist Kevin Jones, who's been deal-

ing with a workplace injury — causing neck, back and shoulder pain — for 14 years.

Jones, who has protested outside Matthews' office many times, said the event was timed to coincide with the 22nd annual Christmas demonstration by workers' rights groups outside the Ministry of Labour in Toronto.

"If you get injured at work, the chances are you're not getting compensation for it," said Jones.

He and a group of other injured workers and supporters were waving signs asking for drivers to show their support by honking, and many drivers did.

The campaigners say the province's Workplace Safety and Insurance Board denies too many claims, and that people trying to get help are tied up in

too much red tape.

They also object to the WSIB being run by a private company, saying it should not be run for profit.

Also protesting Monday was manufacturing specialist Edward South, who hasn't worked since an injury in 2010.

He said the WSIB's original motto, "justice and humanity speedily rendered," should still be its primary aim.

"All we're asking for is our rights," said South.

The big problem, said Jones, is people who join the WSIB system are automatically excluded from provincial health care. All costs need to be paid by the separate system to support injured workers.

"I have a chronic pain disability but they don't even pay for painkillers for me," he said.

He said his pain means he can't sleep properly, so he's classed as physically and mentally unable to take part in education under WSIB rules, yet he is forced to seek work.

Jones, 41, has been involved in the WSIB appeals system for four and a half years.

Problems with current system

"I have a chronic pain disability, but they don't even pay for painkillers for me."

Edward South, a manufacturing specialist who has been off work with an injury since 2010

Public sector salary-cap bill coming next year

The Liberal government plans to introduce legislation in the New Year to manage broader public sector compensation, including hard caps on salaries and benefits.

According to a government news release Monday, it would enable the government to directly control the compensation of senior executives across the broader public sector.

The statement notes that more than half of all government spending goes to salaries and benefits.

"Managing public sector compensation is an important part of our government's plan to control costs and pro-

By the numbers

5

Number of years salaries have been frozen for MPPs

tect the front-line services that Ontario families rely on," Minister of Government Services John Milloy says in the statement.

It is the government's aim to establish frameworks — based on consultation and research, including labour market and jurisdictional analysis — that would cover

all aspects of compensation, including severance arrangements, as well as salaries and bonuses.

The release notes that government has already frozen salaries for executives at hospitals, universities, colleges, school boards and provincially owned electricity companies.

As part of the initiative, Finance Minister Charles Sousa has asked Jim Leech, the outgoing head of the Ontario Teachers' Pension Plan, to advise Queen's Park on making electricity sector pension plans more affordable and sustainable.

TORSTAR NEWS SERVICE



Injured worker Edward South protests Monday on Richmond Street near the Piccadilly Street office of MPP Deb Matthews. MIKE DONACHIE/METRO

In memory

The Forest City invites you to sign book for Nelson Mandela

The city is inviting people to sign a book of condolences in honour of Nelson Mandela.

The book is in the lobby of city hall (300 Dufferin Ave.) and will be available from 8:30 a.m. to 4:30 p.m. on weekdays through Monday.

Mandela, the former president of South Africa and anti-apartheid leader, died Thursday at 95 years old. A funeral is planned for Sunday in his hometown of Qunu, South Africa.

METRO

Be a fan, bring a can. London Lightning want your help with food drive

The London Lightning are asking supporters to bring a non-perishable food donation to Budweiser Gardens for their 7 p.m. Thursday game against Mississauga Power.

Donations will support the Business Cares Food Drive.

The food drive is marking its 14th year in the city with the goal of collecting 259,871 pounds of food in advance of Christmas. The total stood at 32,500 pounds on Monday afternoon.

Donations can be made at County Heritage Forest Products (1275 Hubrey Rd.) or Robert Q (105 Wharn-

Pounds of food

260K

Last year's drive brought in 259,870 pounds

Participating groups

400

Donations came in from 400 local companies and organizations last year

cliffie Rd. S). Check businesscares.ca for details. METRO

Weekend. Four charged in stabbings, alleged robbery on Emery Street

At least one of the men accused in a Sunday stabbing has had serious brushes with the law in the past.

Fred Doxtator-Ireland — along with his sister Sasha Doxtator — pleaded guilty in March 2011 to accessory after manslaughter in the 2010 stabbing death of Troy Nicholas, 23.

Doxtator-Ireland, 21, is charged with armed robbery in the weekend incident that left all four people involved with stab wounds.

Police say violence broke out as several people were visiting an apartment at 160 Emery St. off Wellington Road.

Doxtator-Ireland and three other men sustained stab wounds. They quickly fled the scene.

One of them, a 20-year-old man, went to a home in the area to ask for help, police said. He was taken to hospital, where he was initially listed in critical condition. He has since been upgraded to fair.

A second man was located in a hospital while being treated for stab wounds that are not life-threatening, police said. He was arrested and charged.

The two other men were located later in the day and arrested. They also went to hospital to be treated for minor injuries.

It's believed three of the men attempted to rob the fourth. All of the suspects are from London and all face charges.

Steven Antone, 21, was charged with armed robbery and carrying a concealed weapon. Cody Ireland, 19, has been charged with armed robbery. Atkin Mati, 20, has been charged with aggravated assault and two counts of assault with a weapon.

The police investigation is continuing. Anyone with information is being asked to call 519-661-5670 or Crime Stopper at 800-222-8477.

SCOTT TAYLOR/METRO



One man remained hospitalized Monday after violence broke out Sunday at the Valley View apartment complex on Emery Street. SCOTT TAYLOR/METRO

2014 calendar

Stars on Ice, R5 coming to the Bud

Budweiser Gardens has added two new dates to its 2014 events calendar.

American pop band R5 is coming to London on April 5 as part of their Louder World Tour.

The band is comprised of four siblings — all of whom have a first name that starts with "R" — and one of their friends, who's last name starts with, go figure, "R."

The members are recognizable for roles on TV shows including those on the Disney Channel and Glee.

Tickets go on sale Friday.

The venue has also worked Stars on Ice into its schedule for May 4.

Skaters will include Pat-

rick Chan along with Tessa Virtue and Scott Moir.

Tickets are on sale now.

METRO

Countrywide ranking

Locals named top employers

A host of local companies have been named in the 2014 edition of Canada's top employers.

Making the Top 100 list were companies including 3M Canada, Labatt Breweries, EllisDon and Western University.

London's Big Viking Games, which started only two years ago, has been named to a list of the country's top small and medium employers.

The lists are put out annually by the Globe and Mail. METRO



Bernard Valcourt, minister of Aboriginal Affairs and Northern Development Canada, left, signs the Big Bear Creek settlement alongside Chippewas of the Thames Chief Joe Miskokomon on Monday. CONTRIBUTED

Historic settlement signed for First Nation

'Closing of a long, painful chapter.'

Chippewas of the Thames sign \$120-million land deal



MIKE DONACHIE
mike.donachie@metronews.ca

The Chippewas of the Thames had a historic day Monday.

And, with \$120 million in their collective pocket after their land dispute was settled, the First Nation is confirmed as a major player

Urban reserve

- It's a big opportunity for the First Nation: To buy land and set up a new reserve.
- Like any other reserve, it will have tax-free status. Miskokomon said it will need to develop everything a municipality has, and he's interested in sites with infrastructure already in place.
- Named "an urban reserve," it could be near London, although Chief Joe Miskokomon said he's looking at options.

in the London-area economy.

Aboriginal Affairs Minister Bernard Valcourt was at the Chippewas of the Thames community centre to sign the Big Bear Creek settlement.

"It really is a closing of a

long, painful chapter of our community story," said Chief Joe Miskokomon. "It's been 185 years this has been going on for.

"It's kind of the period at the end of the sentence that

closes the chapter, that closes the book."

The money is compensation for the loss of about 2,000 hectares of land in the 1830s. It will be used in a variety of ways, to benefit the Chippewas, including education bursaries and community development.

But arguably the biggest aim is the creation of an "urban reserve" on a site still to be found.

The search is underway for partners, including companies, to take part, sharing the tax benefits involved, as the Chippewas set up all the services needed for their own municipality.

Difficult questions before councillors on controversial animal-control contract

The city's problematic animal-control contract was back before councillors Monday night.

And so were the people who care deeply about animals.

About 70 supporters demanding a "no-kill" policy for stray cats and dogs filled

the public gallery at the community and protective services committee.

City bylaw enforcement chief Orest Katolyk outlined the proposal from staff. It recommended awarding the \$2.3-million contract to the private company that's run the service for years.

But it means animals will die. Katolyk said a no-kill policy is beyond the city's facilities for now, but set out targets to cut down the number of animals euthanized.

The new contract also represents a new focus on animal care, rather than control. Coun. Bill Armstrong

called for patience with the city's efforts.

"We're hearing you," he told activists. "We're moving in the right direction."

The debate continued after Metro's production deadline. For the latest, see metronews.ca.

MIKE DONACHIE/METRO



Ukrainian chairman of the opposition party Udar and WBC heavyweight boxing champion Vitali Klitschko, surrounded by police, tries to stop possible clashes between police and Pro-European Union activists in Kyiv, Ukraine, on Monday. Hundreds of police in full riot gear on Monday flooded key sites of mass anti-government protests. EFREM LUKATSKY/THE ASSOCIATED PRESS

Police move in on Kyiv protests

Tensions mounting. Opposition says its offices were raided; police deployed near protesters

Heavily armed riot troops broke into the offices of a top Ukrainian opposition party office in Kyiv and seized its servers Monday, the party said, as anti-government protests crippled the capital for yet another day.

Elsewhere police dismantled or blocked off several small protest tent camps that near key national government buildings in the city.

Tensions also rose as a double cordon of helmeted, shield-holding police deployed in the street near Kyiv's city administration building, which demonstrators had occupied and turned into a makeshift command post and dormitory.

The moves came a day after hundreds of thousands of demonstrators crammed into Kyiv, the biggest in three weeks of protests that started when Ukraine's president backed away from signing a long-awaited pact to deepen ties with the European Union.

Protesters are angered not only by the thwarting of their desire to become closer to the West and spin out of Russia's orbit, but by police violence

against the demonstrators. Club-swinging police have twice broken up protest rallies.

Ostap Semerak, a member of the Fatherland Parry, said that troops broke into the party's offices on Monday evening, some climbing in through its windows.

"They are storming us. The images are insane," he said by telephone.

The troops left after confiscating some computer equipment, he said.

Party member Marina Soroka also said the troops surrounded and blockaded several opposition-minded Ukrainian media outlets, making their and other media websites inaccessible. **THE ASSOCIATED PRESS**

MP files complaint against senator's 'misogynistic attack'

A New Democrat MP has formally lodged a complaint against a Conservative senator for what she describes as a condescending, "misogynistic," personal attack against her.

Charmaine Borg has asked the Speaker of the House of Commons to rule that her ability to do her job as an MP was impeded by a letter sent to her last week from Sen. Jean-Guy Dagenais.

In the letter, which was copied to all MPs, senators and their staff, Dagenais characterized Borg as a whiny, ignorant, useless Quebec MP who was elected by fluke and stands little chance of being re-elected.

Dagenais' letter was sent in response to a flyer Borg sent out in her riding advocating the NDP's long-held belief that



NDP MP Charmaine Borg
SEAN KILPATRICK/THE CANADIAN PRESS

the Senate should be abolished.

Borg says she was particularly insulted by Dagenais'

suggestion that she should get some books from the parliamentary library to inform herself about the Senate before criticizing the institution.

Borg, who is 23 years old, says that's the kind of "old-school mentality" that discourages young women from entering politics.

"The overall tone of this letter suggests that I am simply a little girl who does not take her work seriously," Borg told the Commons on Monday.

Outside the chamber, Borg called the tone "very misogynistic," and added: "I think if I was an old white man, he wouldn't have attacked me."

The Speaker did not rule immediately on Borg's question of privilege.

THE CANADIAN PRESS

The red planet

Mars rover finds ancient lake

NASA's Curiosity rover has uncovered signs of an ancient freshwater lake on Mars that may have teemed with tiny organisms for tens of millions of years, far longer than scientists had imagined, new research suggests.

The watering hole near

the Martian equator existed about 3.5 billion years ago. Scientists say it was neither salty nor acidic, and contained nutrients — a perfect spot to support microbes.

"This just looks like a pretty darn ordinary Earth-like lake in terms of its chemistry," said project scientist John Grotzinger of the California Institute of Technology. "If you were desperate, you could have a drink of this stuff."

THE ASSOCIATED PRESS



A self portrait of the Mars rover, Curiosity
NASA/THE ASSOCIATED PRESS

G20 protests

Cop gets 45 days for assaulting protester

A Toronto police officer convicted of assaulting a protester during the G20 summit was sentenced Monday to 45 days in jail.

Const. Babak Andalib-Goortani was convicted in September of assault with a weapon for using excessive force during the arrest of protester Adam Nobody on June 26, 2010, on the lawn of the Ontario legislature.

THE CANADIAN PRESS

Border battle. Canada submits North Pole claim

Canada says it will try to extend its territorial claims in the Arctic to include the North Pole, although it hasn't yet fully mapped the area, doesn't have the scientific evidence to back the claim and faces major diplomatic hurdles.

A formal scientific submission was made to the United Nations Commission on the Limits of the Continental Shelf last week covering 1.2 million square kilometres of territorial claims in the Atlantic, but the government says

the material submitted for the Arctic Ocean is only preliminary.

Despite saying two years ago that data collection was complete, the federal government plans to send its scientists back into the field for more work mapping the Lomonosov Ridge, a giant undersea mountain range, which Ottawa says could secure the North Pole for Canada.

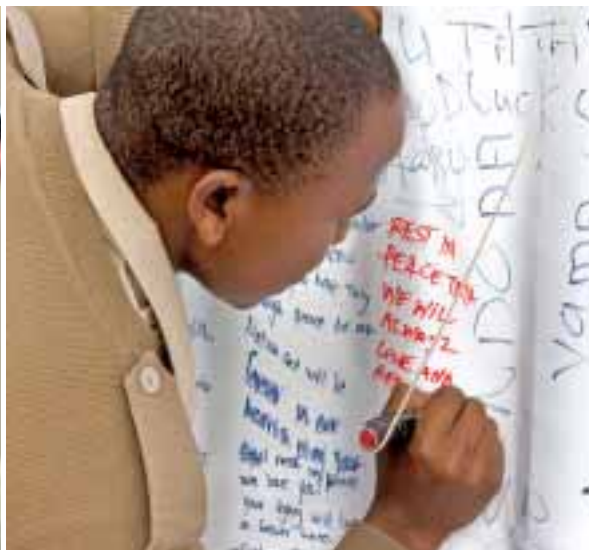
Arctic experts say that other countries can also argue that the range extends from their shores. **THE CANADIAN PRESS**

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From left: Mac Arthur Mti wears badges for sale with the image of late president Nelson Mandela in Johannesburg, South Africa, on Monday; Soldier Lunga Mbatha writes a message for Mandela reading "Rest in peace Tata (father) we will always love and remember you"; A South African girl looks at a performer during an event to pay tribute to Mandela. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

South Africa prepares for massive Mandela memorial

In mourning. World leaders to eulogize anti-apartheid icon

South Africa prepared Monday for a massive memorial in a soccer stadium honouring Nelson Mandela, where an eclectic mix of world leaders will eulogize the anti-apartheid icon before a crowd of nearly 100,000 mourners.

As a prelude to the stadium event, United Nations Secretary General Ban Ki-moon and retired Archbishop Desmond

Tutu spoke at an event at the Nelson Mandela Centre of Memory Monday night.

"What a fantastic gift God gave to us in this Mandela, who quickly became an icon, a global icon of forgiveness, of generosity of spirit," Tutu said.

At the Soweto stadium where Mandela made his last public appearance at the 2010 World Cup, workers busily constructed a stage protected by bulletproof glass for Tuesday's memorial.

Nearly 100 heads of state are expected at the 95,000-capacity FNB Stadium, where some mourners are

already camped out to be the first ones inside.

A program released by the South African government showed U.S. President Barack Obama would speak, as would Ban and Chinese Vice-President Li Yuanchao. South African President Jacob Zuma will give the keynote address.

Mandela died Thursday at age 95. After the stadium memorial on Tuesday, Mandela's body will lie in state at the Union Buildings, the seat of government in South Africa's capital, Pretoria, from Wednesday to Friday.

THE ASSOCIATED PRESS

Security still a concern

Police promised "thousands" of officers would secure the stadium for Tuesday's memorial, though security appeared lax Monday.

- Officers will direct traffic, protect mourners and help the bodyguards of visiting dignitaries, Lt. Gen. Solomon Makgale, a spokesman for the South African Police Service, said Monday.

- "Whether we have 10

heads of state coming or 70 or 100, we do have the capacity and plans in place to facilitate their movement," Makgale said.

- Makgale said a joint task-force of police, diplomats and intelligence service personnel have been making plans and talking to the foreign delegations who plan to attend the ceremony.

- Authorities expect overflow

crowds to watch the event at nearby stadiums, as well, saying they'd shut off access if the crowds grow too large.

- Meanwhile, a private security firm called Sidas Security was still hiring guards for Tuesday's event on Monday, using a compact car as an office. Sidas manager George Mathabe said the company will have 1,500 guards on duty Tuesday.

Canadian delegation arrives

Workers rush to prepare for memorial

Clouds hung over Johannesburg as a Canadian delegation arrived Monday to be part of the massive outpouring of grief and celebration following the death of Nelson Mandela.

Prime Minister Stephen Harper smiled and waved to a small gathering of South African and Canadian diplomatic officials as he stepped out of his plane onto a tarmac at Air Force Base Waterkloof, north of the city itself.

As the Canadian delega-

tion made their way into the city, crews were still constructing the stage that will form the centre of what is expected to be a huge memorial for Mandela on Tuesday.

The Canadians flew for 18 hours to witness a country both suffering the pain of losing a world-renowned leader and swelling with the pride of having had him as president.

Harper will be joined at the memorial by former prime ministers Brian Mulroney, Jean Chretien, Joe Clark and Kim Campbell.

"He had a wonderful sense of humour and the most magnificent smile," Mulroney said as he recalled many pri-

mate meetings with Mandela.

In the 1980s, Mulroney made Canada a key player in the struggle against the apartheid regime that had imprisoned Mandela for 27 years.

Chretien followed up years later when his Liberal government made Mandela an honorary Canadian citizen, a symbol of Canada's respect for the man that still holds today.

Following the memorial in Johannesburg, the delegation will join a procession Wednesday in Pretoria, where Mandela's body lies in state. A state funeral will be held Sunday.

THE CANADIAN PRESS



Canadian Prime Minister Stephen Harper speaks with former prime ministers Brian Mulroney, left, Kim Campbell and Jean Chretien on board a government plane travelling to South Africa on Sunday. Harper and the former prime ministers plan to attend the memorial for Nelson Mandela. ADRIAN WYLD/THE CANADIAN PRESS



Gamers play a game on the Xbox One console during the Electronics Expo 2013 in June in Los Angeles. New reports reveal American and British intelligence operations were spying on gamers. KEVORK DJANSEZIAN/GETTY IMAGES FILE

Spy agencies kept eye on gamers: NSA leaks

Reports. Documents leaked by Edward Snowden reveal U.S., U.K. monitored online games

American and British intelligence operations have been spying on gamers across the world, media outlets reported, saying that the world's most powerful espionage agencies sent undercover agents into virtual universes to monitor activity in online fantasy games such as World of Warcraft.

Stories carried Monday by The New York Times, the

Guardian, and ProPublica said U.S. and U.K. spies have spent years trawling online games for terrorists or informants, spurred by worries such games could serve as a cover for those who could use in-game messaging systems to swap info.

The stories, based on documents leaked by former National Security Agency contractor Edward Snowden, offer an unusual take on America's surveillance campaign, suggesting that even the fantasy worlds popular with kids, teens, and escapists of all ages aren't beyond the attention of the NSA and its British counterpart, GCHQ. **THE ASSOCIATED PRESS**

Open letter to Obama

Major tech companies, stung by revelations that the U.S. government collects people's personal data on their networks, issued an open letter to President Barack Obama on Monday asking for tighter controls on surveillance.

- As part of a global campaign to reform data collection, Google, Facebook, Apple and others said concerns over national security should be weighed against individual rights.

Hockey beats Crackgate

Leafs bodycheck Rob Ford off top of Facebook list

Toronto Mayor Rob Ford made headlines around the world but his antics didn't top Facebook Canada's list of the year's top topics. The Toronto Maple Leafs generated the most chatter, while Ford came in fifth.

THE CANADIAN PRESS

Market Minute

DOLLAR
94.03¢ (+0.19¢)

TSX
13,312.78 (+32.06)

OIL
\$97.34 (-\$0.31)

GOLD
\$1,234.20 (+\$5.20)

Natural gas: \$4.24 US (+\$0.9)
Dow Jones: 16,025.53 (+5.33)

Selfie simulacrum. British art student creates scanned 3-D self

Whether in a revolution, crime scene or dinner party, the selfie — Oxford Dictionary's word of the year — is an essential souvenir. British art student Lorna Barnshaw has taken the craze a step further with her 'Repliants' project, capturing herself with the most advanced scanners and 3-D printing herself in full size.



Lorna Barnshaw's 3-D selfie. LORNA BARNSHAW

technology.

I read that you wanted to recreate reality. How close did you come?

Not very close, because the scanners create glitches, so this is more about showing where the technology is at the moment. I tried to step back and let the machines do the work but they struggled at times and couldn't get the back of the head right.

I tried all the available options but you can't recreate natural lighting so the face appears lifeless and cold. With photos you can see emotion in a real-life environment. In a way this is what happens to us as we adapt and integrate with

What does this say about human immersion in technology?

It's very strong and you can see that already with printed body parts and the augmented reality we can access. It's both exciting and scary, because technology has glitches. We are always trying to perfect it, but never satisfied.

Does the selfie craze prove we are all hopeless narcissists now?

It's about documentation of everything in life and gives you the appearance of control in it. We can create mirrors wherever we go. **METRO WORLD NEWS**

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CAN WE DROP THE REAL WOMAN CLICHÉ?

Last week a stranger asked me if I was expecting; I am not even remotely pregnant, although perhaps this is a sign I should lay off the boxes of holiday chocolates.

It was a harmless mistake I suppose — I think I was resting my hand on my stomach in a suggestive manner — but the incident did get me thinking about our willingness to comment so freely on other people's bodies, despite how inappropriate it might seem.

Bodies, especially female ones, are constantly in the public discourse. Fitness blogger Maria Kang (a.k.a. Fit Mom) caused quite a stir recently after posting a photo on her Facebook page in which she is flaunting her toned abs while surrounded by her three children and posing the question, "What's your excuse?"

Kang's narcissism and her finger-pointing at mothers who might try to justify a few pounds of leftover baby weight clearly didn't sit well with many individuals. And her follow-up 'Sorry, I'm not sorry' faux-apologies didn't win her any



SHE SAYS
Jessica Napier
metronews.ca

fans either.

Last week, Kang wrote a piece for Time magazine denouncing what she refers to as "the fat acceptance movement" and arguing that "fit women are real women, too." While her self-righteous, fat-shaming irks me, it's her usage of the "real women" cliché that really gets under my skin.

I am a real woman. I eat a salad every single day for lunch and work out on a regular basis. I also really enjoy pizza and doughnuts. I don't believe in Kate Moss' motto that "nothing tastes as good as skinny feels" because hip bones are never going to be as important to me as artisanal cheeses. But that's just me.

Kate Moss is also a "real" woman and yes, so is Maria Kang — although it's worth noting these particular women often have a little help from Photoshop in their public photos. It's problematic to suggest that some women are more authentic than others.

Not all "real women" have curves and yet we can't seem to

escape these sorts of absolutist expressions. Leggy, six-foot-tall supermodels with high cheekbones are still actual human beings — no matter how genetically impossible they might seem.

Some people applaud initiatives such as Dove's Real Beauty campaign that try and put "normal" women front and centre in the media, but I have a hard time getting on board with it. Of course I want to see a variety of bodies in mainstream advertising, but labelling them as "real" is just patronizing. Dove might be lauded for their efforts to include a diversity of models in their ads, but the message still elevates appearance over all other human qualities — which is probably understandable since at the end of the day they're still hawking body wash.

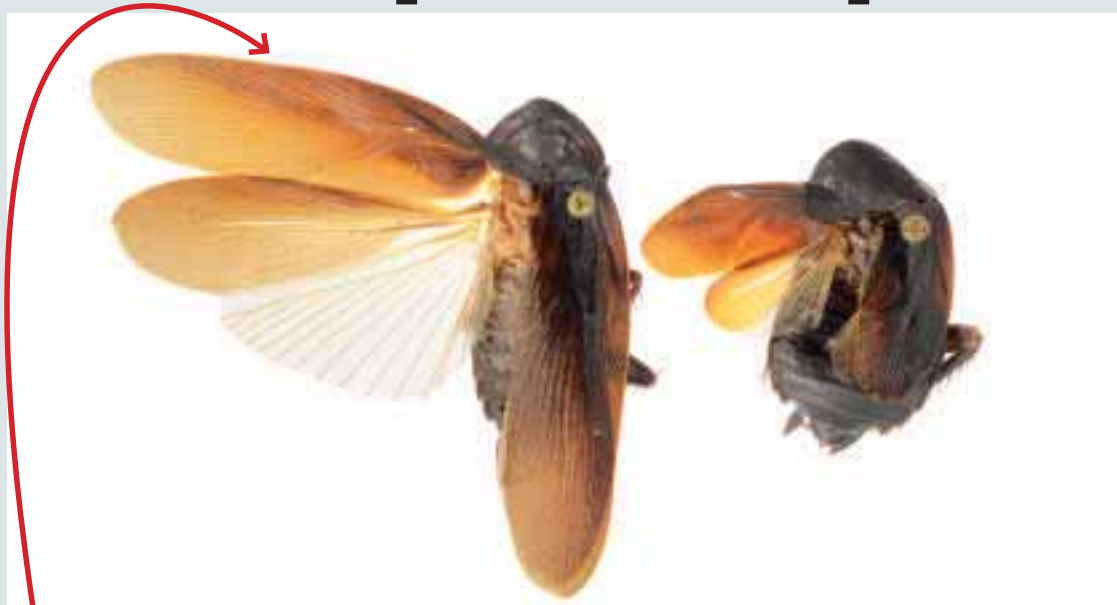
I'd love it if we could all stop using the "real women" cliché whenever we talk about bodies that deviate even slightly from the North American beauty ideal. All women, no matter their shape or BMI, are in fact "real" unless they come with a portable inflation pump.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Cockroach species turns up in NYC



UNIVERSITY OF FLORIDA/THE ASSOCIATED PRESS

Invasive insect can withstand winter

The High Line, a park that turned a dilapidated stretch of elevated railway on Manhattan's West Side into one of New York's newest tourist attractions, may have brought a different kind of visitor: A cockroach (pictured) that can withstand harsh, cold winter and has never been seen before in the U.S.

Rutgers University insect biologists Jessica Ware and

Dominic Evangelista said the species *Periplaneta japonica* is well documented in Asia but was never confirmed in the U.S. until now. The scientists, whose findings were published in the *Journal of Economic Entomology*, say it is too soon to predict the impact but that there is probably little cause for concern.

The newcomer was first spotted in New York in 2012, by an exterminator.

THE ASSOCIATED PRESS

Critter versus critter

"Because this species is very similar to cockroach species that already exist in the urban environment, they likely will compete with each other for space and for food."

Dominic Evangelista, Rutgers University insect biologist

Competition will likely keep the population low, because more time and energy spent competing means less time and energy to devote to reproduction.

No super species hybrid

- The scientists suspect the critter was likely a stowaway in the soil of ornamental plants used to adorn the park.

- The likelihood that the new species will mate with the locals is slim, Evangelista says because "The male and female genitalia fit together like a lock and key, and that differs by species."

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

With Kickstarter and Indiegogo leading the way helping thousands of cash-strapped projects get off the ground, it's easy for niche projects to go unnoticed.

Not to worry entrepreneurial musicians, gamers and business-folk. You too can get your piece of the pie — you just have to know where to look.

Gambitious:

With pages and pages of gaming projects (video, board, cards, you name it) on mainstream crowdfunding sites, it didn't take a genius to see where the coveted crowd cash lies. Gambitious unites game developers, investors and players to make these games happen.

Rock The Post:

Hobby projects need not apply. Rock The Post's niche is revenue-generat-

ing business and rejects about 90 per cent of applicants. So, if you just want a bit of cash so you can take your band and hit the road, this might not be for you (but there's hope, keep reading).

GigFunder:

Didn't get that artists' grant? GigFunder tries to help touring musicians fund their road trips. (Warning: Haven't seen too many successful campaigns to date.)



ISTOCKIMAGES

Twitter

@metropicks asked: Tamagotchi, a 90s electronic pet, will come back in 2014. What other toys should — or shouldn't — return?

@ColinHFX: MOON. SHOES.

@nicoleblancPR: Skiplits! Those things are a hazard!

@strangerob: I pity the store clerks who will have to deal with these damn things & the angry parents.

@turdwastler: bring back lawn darts

@J_T_V_: THE JOCK JAMS CD SERIES

@ArCOWX: I still have mine!

@SmashSays: @VivienLily Should I preorder you one? Haha

@QRefProblems: Fraggles

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca

DVD review



Fast & Furious 6

Director. Justin Lin

Stars. Vin Diesel, Paul Walker, Dwayne Johnson

•••••

The recent tragic car crash death of Paul Walker makes Fast & Furious 6 the last possible film with one of its original main co-stars. It's one of the better sequels — meaning action-packed — of this 12-year-old franchise. Directed once again by a steadily improving Justin Lin (he also helmed chapters 3, 4 and 5), the film reunites the ol' gang of hot wheelers just when they think they've made it to early retirement. Walker's Brian O'Conner and Vin Diesel's Dominic Toretto are obliged to put down their pina colodas and rev their engines for a predictably ridiculous story about stopping a badass band of mercenary drivers. Joining the fray are Dwayne Johnson, Michelle Rodriguez, Jordana Brewster, Tyrese Gibson, Sung Kang and Chris "Ludacris" Bridges, plus new faces Gina Carano and Luke Evans. Will you believe that a sports car can speed out of a crashing cargo jet? No, but it's fun to watch, although you may get misty-eyed over the scenes involving Walker. Extras included: deleted scenes, an extended version of the film, a director's commentary and making-of featurettes.

PETER HOWELL

Sounds for the season

If you've been to the mall recently, you know it's beginning to sound a lot like Christmas. We understand if you've hit Jingle Bell Rock-bottom, but if you haven't, here are some festive sound suggestions.

PAT HEALY
Metro World News in Boston

Wrapped in Red: Kelly Clarkson

Listening to the first three songs on Kelly Clarkson's new holiday release is a lot like getting a detailed Christmas card from a good friend who you haven't thought of in a while. It's one part "Oh, hey, so that's what you've been up to" and one part "Oh, right, this is why I like you!" But if you keep listening it's a little bit like hanging out with that old friend for a long weekend. You get traces of "Oh yeah, that's what kinda always bugged me about you." Yes, her voice is every bit as remarkable as it was when she won the first American Idol. The highlight may actually be an original song, Winter Dreams (Brandon's Song), which she wrote for her husband.



A Mary Christmas: Mary J. Blige

Upon first glance, this album looks like such a no-brainer that you wonder why this didn't happen way sooner. Mary's soulful voice and that punny title are holiday gold, right? Not quite. Mary does sound great, but pianist and producer David Foster — best known for creating the Celine Dion sound and the Josh Groban sound — gives the whole collection too much of the Celine Dion sound and the Josh Groban sound. Maybe this compilation really should have happened sooner, and without David Foster.



Duck the Halls: The Robertsons

My initial reaction to any musical output from the family behind Duck Dynasty is one of "who let this happen?" But the weird thing is, it's actually pretty good. Kicking off with Ragin' Cajun Redneck Christmas, a song that Willie Robertson actually co-wrote, is a rootin' tootin' good time. Sure, they have plenty of hired hands from the country music genre helping out, but this is a fun album. Sadie and Uncle Si can't really sing and there are lyrics like "We bought every string of lights Walmart had" and "Like Jesus and Santa Claus, we've got love behind these beards" (in the same song!), but it's full of goofy cheer for anybody who always wanted to hear a follow-up single to Grandma Got Run Over by a Reindeer.



Psych-Out Christmas: Various Artists

The album cover features Santa with a spliff in his mouth, so it's no stretch to say this 17-song compilation is a real trip. It's contemporary psychedelic indie acts like Psychic Ills and Quintron and Miss Pussycat alongside veterans like Iggy Pop, providing mostly sincere — if not a little hazy — takes on holiday classics. Sleepy Sun's re-imagining of What Child is This? is so epic you'll feel as high as the star (or angel) atop your tree and want to see the figurines of the nativity set rocking out to it.



2
SCENE

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The vote is split on 2013's best flick

Anyone's awards.

There was no critic consensus in L.A. this weekend, making Oscar predictions tough

The Los Angeles Film Critics Association split between the space odyssey *Gravity* and the futuristic romance *Her*, lending no more certainty to an awards season that's so far been full of contenders.

The two films shared best picture in the awards announced Sunday by the L.A. critics, but *Gravity* was the top award-winner. The innovatively made, lost-in-space drama won for best director (Alfonso Cuarón), best editing (Cuarón and Mark Sanger) and best cinematography (Emmanuel

Lubezki).

Her, which is about a man (Joaquin Phoenix) who falls in love with his computer operating system (voiced by Scarlett Johansson), also won for K.K. Barrett's sleek, near-future production design.

But the critics otherwise spread the honours around.

Dual winners were the theme. Best actress was shared by Cate Blanchett for her fallen socialite in Woody Allen's *Blue Jasmine*, and Adele Exarchopoulos for the lesbian coming-of-age tale *Blue Is the Warmest Color*. (The later film also won for best foreign language film.)

Best supporting actor was also a two-fer, with the group jointly honouring Jared Leto's performance as an HIV-positive transsexual in *Dallas* and Bruce Derr for his performance in Alexander Payne's father-son road trip *Nebraska*.

Hard to predict

Early movie awards can help sort out the Academy Awards race, but they've been particularly varied this year. Last week the New York Film Critics Circle named *American Hustle* best film. The National Board of Review picked *Her* and the Gotham Awards elected *Inside W. Davis*. On Sunday, both the New York Film Critics Online and the Boston Film Critics named the slavery epic *12 Years a Slave* best picture. The LA critics also voiced its strong support for the film naming Lupita Nyong'o best supporting actress, and giving a "special citation" to the film's creative team.

more surprisingly, James Franco's performance as the cornrowed gangster *Alien*



Gravity shared the best picture award with *Her* at the Los Angeles Film Critics Association awards Sunday. CONTRIBUTED

in *Spring Breakers*.

Best actor went to Bruce Derr for his performance in Alexander Payne's father-son road trip *Nebraska*.

Last year, the LA critics chose as best picture Michael Haneke's aging drama

Amour, which went on to win the Oscar for best foreign language film.

The association, a group of several dozen film critics, will hand out the awards in a Jan. 11 ceremony in Los Angeles.

Hollywood's awards season continues on Wednesday with the Screen Actors Guild nominations, followed Thursday by the Golden Globe nominations.

THE ASSOCIATED PRESS

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Kanye West ALL PHOTOS GETTY IMAGES

All quiet on the West front: Kanye wants you to know his tour is war zone-tough

Kanye West isn't sure everyone appreciates how dangerous his current tour is. "Like, I'm just giving off my body on the stage. I'm putting my life at risk, literally," West says in an interview with SaturdayNightOnline.com, citing some of the precarious set pieces involved in the live

show. "And I think about it. I think about my family and I'm like, wow, this is like being a police officer or something, in a war or something. Like you're literally going out to do your job every day, knowing that something could happen. Something can happen to you."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Could Miley be the Person of the Year?

PAT HEALY

Metro World News

Time magazine's managing editor Nancy Gibbs announced the shortlist for Person of the Year on the Today show yesterday and one inclusion may surprise you: Miley Cyrus.

Yes, the person most famous for twerking all over our TV screens is in the running with President Obama, Pope Francis, Amazon founder Jeff Bezos, Syria's President Bashar Assad, Iran's President Hassan Rouhani, Texas Sen. Ted Cruz, Secre-



tary of Health and Human Services Kathleen Sebelius, Edward Snowden and gay rights activist Edith Windsor for the title.

"Power is not just political. It can be cultural, it can be spiritual. She came in like a wrecking ball, literally," Gibbs said, trying desperately to have this make sense.

"At a time when you're living with an explosion of exhibitionism since we all now carry cameras with us at all times, she is a symbol of the way we live."

Ben says love in the limelight has made him feel like a felon

Ben Affleck says being a movie star is about as fun as being a suspected murderer, at least when it comes to love and marriage.

"The crucible by flashbulb," he told Playboy of his relationships with the Jennifers (Lopez and Garner).

"It was magazines then, and those days are more or less gone. Now it's online, but it's the same thing. At the nadir of that I felt I was being treated worse than Scott Peterson, who at least got the benefit of the word alleged when they talked about him."



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Keeping pounds off with healthy holiday drinking

Sipping celebrations.

The Food Babe weighs in on what to avoid when you're attending those multiple holiday shindigs

ANDREA
PARK
Metro World News

Holiday parties are filled with good cheer, friends and of course, plenty of booze. Maybe you're looking for the cocktail or beer that will do the least damage to your body? Activist and blogger Vani Hari, also known as the Food Babe, talked to Metro about how to pick your poison during the holidays.

Beer

You'd be surprised by the "extras" some manufacturers add to your favorite beers. Hari called individual companies to ask for ingredient lists and found that some beers contain ingredients like corn syrup and caramel coloring. Caramel coloring is known to be carcinogenic. It contains a chemical called 4-methylimidazole, which has been linked to cancer in animals. Hari said beer manufacturers use caramel coloring to give the beers a "deep golden brown" colour that is typically achieved by using high quality hops. Newcastle is one brand that uses caramel coloring in its beers.

Hari said some of the



Celebrate all you want — just do it responsibly. ISTOCK PHOTOS

mass-produced beers that have corn syrup in their ingredients list include Corona, Miller, Coors, Pabst Blue Ribbon and Red Stripe. Heineken, Amstel and Sierra Nevada are a few popular brands that do not use genetically modified ingredients or other unsavory additives.

Even so, Hari recommended seeking out beers from local microbreweries first.

"Those smaller breweries are generally not using the crazy additives that other companies use to save money or produce faster," she said.

Go easy

Of course, the healthiest way to go is to avoid drinking when possible.

- A simple solution. "You don't have to drink at every holiday party," said

Hari. "If you have five parties in a week, don't feel like you have to drink at all of them. A club soda with lime on the rocks looks like a vodka tonic so you can blend in."

Wine

Not all wines are created equal. Hari said some wines are produced with poor quality grapes and can include preservatives, additives and

sulfites. Sulfites have been linked with allergic reactions and asthma. Hari suggested buying organic wines, which eliminate exposure to pesticides and other additives.

She likes drinking biodynamic wines by Frey and Robert Sinskey. "They take it up another notch by making wines that are biodynamic," said Hari. "You're not just drinking organic wine, but wine that's also environmentally friendly."

Hard alcohol

Again, Hari urged consumers to buy organic hard alcohol, as it's impossible to simply check an ingredients label for additives. "You're also not going to have genetically engineered corn or soy in the organic versions of liquors," said Hari.

Hari said your best bet is to go for the simplest spirits — flavored ones may contain artificial or natural flavors that can include a range of substances, including castoreum, which is sometimes derived from beavers' anal glands.

Agave plants are not sprayed with pesticides as much as other plants, thus agave-derived liquors like 100 per cent agave tequila (Patron is one brand) are "very clean," according to Hari.

As far as navigating cocktails at holiday parties, Hari said it's best to go for unflavored mixers as well, like soda water or 100 per cent juices.

"Stay simple," she said. "Juice is way better for you than Pina Colada or Bloody Mary mix. The holidays are a time to have a good time and let loose, so just minimize the damage by trying to pick the best drinks."

3 TIPS

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Frosty the Shortbread Snowman was a very jolly treat

1. Line 3 rimmed baking sheets with parchment paper.

2. Beat butter with icing sugar, vanilla and salt until fluffy. Add flour and mix well. Chill until easy to handle.

3. Measure level 30 ml (2 tbsp) portions into 8 balls for snowman bases; arrange on prepared baking sheet. Measure level 15 ml (1 tbsp) and 10 ml (2 tsp) portions respectively for 8 bellies and 8 heads of

Easy Icing Sugar Glue

Stir 90 ml (6 tbsp) icing sugar with 7 ml (1 1/2 tsp) water. Spoon small dab between balls to assemble snowmen. Use toothpicks to help paste on small items.

snowmen. Arrange on baking sheets. Chill for 30 minutes.

4. Heat oven to 180 C (350 F). In batches, bake largest balls for 18 minutes, medium balls for 15 minutes and smallest balls for 12 minutes or until balls are golden on the bottom and set. Let cool completely.

5. Roll in icing sugar to coat. Create a paste using additional icing sugar and water (see fact box); use to stack and assemble balls into a snowman shape. Decorate as desired with candies. **THE CANADIAN PRESS/ GAY LEA FOODS**

Ingredients

- 375 ml (1 1/2 cups) softened unsalted butter
- 175 ml (3/4 cup) icing sugar (plus extra for decorating)
- 7 ml (1 1/2 tsp) vanilla extract
- 2 ml (1/2 tsp) salt
- 750 ml (3 cups) all-purpose flour
- Mini chocolate chips, gum drops, licorice whips, jelly beans, fruit leather, etc.



This recipe makes eight snow people. THE CANADIAN PRESS

Doubling the oats makes them breakfast food, right?



This recipe makes three dozen cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

Many people would balk at the idea of eating holiday cookies for breakfast, but this recipe might make you reconsider.

These Double-the-Oats Oatmeal Cookies are so jammed with oats — making them tender and wonderfully chewy and rich — that eating them is like enjoying a morning bowl of oatmeal in the form of a cookie.

Feel free to substitute 1 1/2 cups of dark chocolate chips and 1 cup of chopped walnuts for the cherries and pecans.

1. Heat the oven to 350 F. Line a baking sheet with kitchen parchment.

2. In bowl, whisk eggs and vanilla until frothy. Add both sugars and the oil. Mix until well until creamy in appearance.

3. In bowl, whisk flour, baking soda, cinnamon, cardamom and salt. Add to sugar and egg mixture and mix until completely combined. Mix in 2 cups of the oats, then the cherries and pecans. Add the remaining 1 1/2 cups of oats and mix well. The batter will be stiff.

4. Working in batches, use teaspoon to drop cookie dough on prepared sheet, leaving about 2 inches between cookies. Bake for 14 to 15 minutes, or until golden brown and still soft at the centre. Cool for 2 minutes on the baking sheet, then use a spatula to transfer to a rack to cool completely.

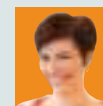
THE ASSOCIATED PRESS/ ELIZABETH KARMEI, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Ingredients

- 2 eggs
- 1 tbsp vanilla extract
- 1 cup dark brown sugar
- 1/2 cup granulated sugar
- 1 cup vegetable oil
- 1 1/2 cups all-purpose flour, sifted
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground cardamom
- 1/2 tsp salt
- 3 1/2 cups old-fashioned rolled oats (not quick-cooking), divided
- 1 1/3 cups dried cherries
- 1 generous cup pecan halves, coarsely chopped

Health Solutions

Let the loafing begin



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is loaf season!

And I do not mean the kind of loaf you do on the sofa. I mean the kind you bake a stack of, wrap up and take to every party as a hostess gift.

Banana loaf can be so ho hum but to add a little ho ho ho, think about stirring in one or some of these ingredients:

- Chopped Medjool dates
- Crushed candy canes
- Chocolate covered espresso beans (placed on top when loaf is half baked)
- Grated zucchini
- Chopped pieces of

brie with grated apples
• Cocoa nibs
• Hemp seeds
• Pineapple chunks
• Hot peppers and lime juice (to make a more savoury loaf)

There is no reason the holidays have to be unhealthy or boring. Just a few simple jazzy bits can make all the difference.

Remember to wrap your loaf in plastic and tie it with a pretty ribbon. Everyone likes an edible gift (that they can re-gift and look like a star even though they didn't do a darned thing!).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Dessert. Original Scottish Shortbread



1. Heat oven to 150 C (300 F).

2. In a bowl, beat butter and sugar until smooth. Gradually add flour, mixing thoroughly after each addition. Knead light-

Ingredients

- 250 ml (1 cup) softened butter
- 175 ml (3/4 cup) granulated or fruit sugar
- 625 ml (2 1/2 cups) sifted all-purpose flour

ly. Wrap tightly in plastic wrap and refrigerate for 1 to 2 hours.

3. On floured surface, roll out dough to about 1/2-inch (1-cm) thickness. Using a cookie cutter or a glass dipped in flour, cut into desired shapes and place on ungreased baking sheet.

4. Bake for 20 to 25 minutes or until golden brown. Immediately transfer to wire racks to cool. **THE CANADIAN PRESS/ THE 250 BEST COOKIE RECIPES BY ESTHER BRODY (ROBERTROSE.CA, 2013).**

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Funny moms take aim the festive 'break'

EMILY
LAURENCE
Metro World News

If you find the term "winter break" ironic because your kids are driving you nuts and you still have a ton to do before the end of the year, laughter can only help. Metro rounded up some of social media's most popular moms and asked for their advice on how to survive the holiday season. Here's what they had to say:



"Holiday fashion tip for moms: If wearing a red velvet jacket, keep your white chin hairs plucked. Otherwise a kid might sit on your lap."
#metromoms"
@WendiAarons

"It's usually best if you wrap the gifts before unwrapping the bottle."
#metromoms"
@FunnysFamily

"Holiday tip #305: If you have toddlers, save time by breaking all your ornaments with a hammer before putting them on the tree."
@paigekellerman

"Forget the 'Elf on the Shelf.' I'm going full 'Blair Witch' on my kids and leaving them creepy little bundles of twigs in new spots every night."
@shriekhouse

"Pick a fight with some friends before the holidays. Fewer gifts to buy!"
@marinkanyc

Having fun at the Xmas work party is a tightrope, need help walking it?



Enjoy! But avoid getting too drunk and making a scene. iSTOCK

Eat more, drink less. Gratitude, discipline, light flirting and being yourself is a great start but always remember it's not just some bar, it's your office

JULIA
FURLAN
Metro World News

Sure, the halls are decked and there's an array of festive booze ready to be guzzled, but an office holiday party is a ruse. In fact, "office" matters a lot more than "party" in the grand significance of the event. If you're smart, you can make an office holiday party good for your career (and have a little fun, too).

Karen Elizaga is an executive coach and author of *Find Your Sweet Spot: A Guide to Personal and Professional Excellence*, and she says that it's important to walk into the holiday bonanza with a certain amount of decorum. "It's certainly a time to celebrate with your colleagues, but it's definitely not a time

Be safe, eat beforehand

"If you show up well-fed, the chances of you doing something crazy is much less. Watch your alcohol intake."

Karen Elizaga is an executive coach and author

for payback," she advises. "I tend to think of these parties as a work event, so I go prepared."

Preparedness doesn't mean arriving with a Santa beer helmet or a naughty little elf outfit. A holiday party is an internal networking event, Elizaga says, so she recommends you walk in with a few topics of conversation prepared — and never on an empty stomach. "If you show up well-fed, the chances of you doing something crazy is much less. Watch your alcohol intake."

As the founder of the catering and event planning company Between the Bread, Ricky Eisen may have a different perspective from Elizaga, but her first piece of advice is the same: "Don't drink too much."

She also says there's no classier move than for employees to thank the person who planned the party. And if the tinsel and holly aren't really your style, don't mention it, Eisen says. "Respect the effort of the person who put it together, whether or not it's the kind of party you would throw."

Both experts agree on one thing: It's about the people. "You want people to see your personality. It might not shine through (at work) when you're so focused and serious," Elizaga says. Most importantly, just because you're not shotgunning beers doesn't mean you can't revel in the festive spirit: "Make sure you have fun," she says.

Here's some tips to use by the punch bowl ...

Be yourself

"You want people to see your personality. It might not shine through (at work) when you're so focused and serious."

Karen Elizaga is an executive coach and author

Network

"An office party is such a great time to make those connections," Elizaga advises. "Somebody who works outside of your immediate vicinity or who you want to pay special gratitude to because they helped you get something done — it's a really great time to connect."

Be aware of monopolizing people's time

"There may be somebody

you want to talk to because you think they can help you professionally, but understand that they want to talk to other people, too. Be cognizant of the time that you're taking," Elizaga reminds revelers.

Say thanks

"If you're attending, make sure you go over to the person who planned it and thank them. I think that goes a huge long way to showing that you have manners and proper etiquette," Eisen suggests.

You can flirt, cautiously

"I think it's perfectly acceptable to make a connection with somebody you've had your eye on at work. But be guided by what's appropriate. This is not some random bar or party you're at. This is your office," Elizaga says.

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How the young make their millions

From social media to sports to grain trading, here's a look at the ways spring chickens build their fortunes these days.

ELISABETH BRAW/METRO WORLD NEWS



Maxim Nogotkov, 36

Maxim Nogotkov has made a \$1.3-billion US fortune from his Svyaznoy mobile phone retail chain. It has some 2,900 stores across Russia, and he has now launched the Svyaznoy Bank as well. In a recent interview, Nogotkov explained that he's trying to move his employees away from the Gazprom attitude, the idea that working for a big company and putting in a certain number of hours per day is the goal.

LeBron James, 28

The world's best basketballer earns \$16 million US per year playing for the Miami Heat, but bags an extra \$33 million through endorsements. According to research firm SportsOneSource, last year sales of James' Nike shoes rose by 50 per cent to \$300 million in the US.



Eduardo Saverin, 31

All of you who've seen The Social Network know him — he's the Facebook co-founder who was cheated out of the company by Mark Zuckerberg, his former best friend. Saverin later sued Facebook and was given five per cent of the company shares. The Rio de Janeiro native later sold a chunk of his Facebook shares and renounced his U.S. citizenship to avoid paying taxes. Though he now lives in Singapore, he remains an active investor.

Andrey Verevskiy, 38

Verevskiy has made \$1 billion US with his Kernel Holding company since he started trading grain at age 19. Today, Kernel is Ukraine's largest agricultural company, a huge feat given that most of Ukraine's big commodity firms are simply ex-state monopolies.



Sean Parker, 33

OK, you may hate his cockiness, but Sean Parker has made a whole lot of money out of nothing. As a teenager, Parker co-founded Napster, the online music downloading site that (though it was illegal) changed the music industry forever. Parker then founded Plaxo, a business-card social networking site. And, in a remarkable comeback, he spotted a new company called Facebook and convinced Mark Zuckerberg to appoint him its first president.

Li Na, 31

The world's second-best paid female athlete, professional tennis player Li Na, can count the 2011 French Open singles title among her victories. She rejected Chinese state support to ensure most of her prize money ends up in her bank account and not in government coffers.



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Dreading those long hours at the mall?

Planning. If you let kids help with making lists and doing online research, they can learn lots about budgeting



YOUR MONEY
Alison Griffiths
money@metronews.ca

Talk about humbug! I've never heard so many parents grouching about the holiday season and especially about shopping.

I feel it's my duty to put the sparkle back in the spirit of the holidays. So, instead of dreading hours at the mall, enlist your little darlings to do as much as possible. Allowing them to take the holiday lead offers the best kind of financial literacy teachable moment.

Here's how to set off on the right (and least stressful) foot this season.

The list

Whether it is done via an app or on the back of an envelope,

the list is the cornerstone of smart shopping. Children easily get distracted once in the stores; lists keep them focused. Younger children can dress up their lists with a photo of the desired gift next to the person's name. Don't hover, Mom and Dad! Help out with names for their list, then allow them to come up with ideas on their own.

Older kids can use one of the many apps available such as Gift List, My Christmas Shop and Christmas List. They are all well rated and suitable for adolescents through teens. Most keep a running spending total, which is a boon.

The budget

Like macaroni needs cheese, a list needs a budget. Just as children learn language through repetition and context, so they will come to understand they can afford a pair of argyle socks for Grandpa but not an argyle cashmere sweater.

Have older kids do some online price research and surf for coupons and deals. This is the kind of tech challenge most will enjoy.

Encourage homemade gifts



Children are easily distracted in stores, but lists can help keep them focused. iStock

for all ages. Again, let them do as much as possible. Kids are natural-born creators.

The shopping

One word — organization. There's still plenty of time. Take two or three shorter shopping trips rather than an all-day marathon. Match the amount spent with what is budgeted. Apps will help with this. Have kids ask for gift receipts, and remember not to micro-manage.

Give children financial responsibility and it won't take long before they help make holiday shopping a more pleasurable experience.

Lou Marsh award

Cornish the rare CFLer to be named Canada's best

Calgary Stampeders running back Jon Cornish has capped a stellar season by winning the 2013 Lou Marsh award.

Cornish became just the third Canadian to win the CFL's outstanding player award after rushing for a league-high 1,813 yards, breaking his own record for the most in a season by a Canadian.

The 29-year-old native of New Westminster, B.C., also led the league with 2,157 yards from scrimmage and 14 TDs en route to being named the CFL's top Canadian for a second straight season.

He's the first Canadian to win the CFL's top player award since Ottawa Rough Riders tight end Tony Gabriel in 1978 and the first CFL player to claim the Lou Marsh award since legendary Ottawa quarterback Russ Jackson in 1969.

The trophy is awarded annually to Canada's top athlete as selected by representatives of Canada's leading news organizations.

THE CANADIAN PRESS

NHL

Neal banned 5 games for knee

The NHL has suspended Pittsburgh Penguins forward James Neal for five games for kneeing Boston forward Brad Marchand in the head.

The incident occurred in the first period of Boston's 3-2 home win over Pittsburgh on Saturday. After Marchand was tripped after trying to make a pass out of Boston's zone, Neal hit Marchand's head with his knee as he skated by.

THE CANADIAN PRESS

NHL



"I don't plan on being extremely emotional, but I don't

know.... It will be different. I guess I don't rule it out."

Former Flames captain Jarome Iginla, who will play his first game in Calgary as a Boston Bruin on Tuesday night after being traded last spring.



Knights centre Chris Tierney is expected to be a top candidate when the Knights name their team captain for the season. COURTESY AARON BELL/OHL IMAGES

Knights captaincy stays vacant for now

OHL. Coach Hunter in no rush to assign 'C' with world juniors set to disrupt London roster



DAVE LANGFORD
dave.langford@metronews.ca

The London Knights will not be naming a team captain until after the Christmas break, head coach Dale Hunter said Monday at practice.

"The kids are all leaving again to go the worlds so we will do it after," Hunter said.

The Knights will soon lose as many as five players to the world junior championships in Sweden until the new year.

In the meantime, the speculation as to who will be named captain continues with fourth-year Knights Chris Tierney and Bo Horvat the favourites.

Josh Anderson is also in the running and a longshot could be Pittsburgh Penguins' defenceman Olli Maatta should he be returned at some point in the near future.

"This is the year that we have built for the Mem Cup. So we've got leadership. We've got older guys," Hunter said. "We've got a whole

They've got Max's back



"You're wondering why we lose ... smarten up out there."

Don Cherry, speaking up for Knights forward Max Domi on Coach's Corner on Saturday. Domi was not selected for Canada's world junior team this season.

"He's very quick and offensive ... it's unfortunate, but it's part of hockey and Max has played well since (the decision)."

Knights coach Dale Hunter, on Max Domi.



whack of leaders. They could all be captains. The older kids, not the young ones."

Tierney has been doing the lion's share of visible captain duties, taking most of the ceremonial faceoff duties.

"It's honestly a big honour, especially in a year like this when we are hosting the Memorial Cup," Tierney said.

"It's the coaches' decision, but I think there are a couple of guys on the team that would be a fit for it and if they were going to choose me, it's a big responsibility but I think I'd be ready for it."

Horvat was asked if he thought the decision on naming the captain seemed a tad late this season.

"Maybe a little bit. It's just the way it goes," he said. "In

past years when I've been here, we have picked the captain right away."

Tierney and Horvat played with the last two captains — current AHL defencemen Jarred Tinordi and Scott Harrington — and they agreed both had impressive leadership qualities.

"They were awesome. They stepped up in the room. They talk to all the guys. They really got the boys going," Horvat said.

The Knights play Tuesday in Kitchener against the Rangers and then are back at Budweiser Gardens on Friday for a first-place battle with the Guelph Storm.

Tuesday's game starts at 7 p.m. Game time Friday is 7:30 p.m.

TV lights on a Knight

CBC turns cameras on Bo Horvat

Knights' forward Bo Horvat had more media attention than usual Monday.

A CBC crew comprised of Hockey Night in Canada's Elliott Friedman, a producer and a cameraman were taping a segment for this Saturday.

"It was awesome," Horvat said. "A little bit about the Canucks and my experiences out there, the draft, getting drafted to London, about playing here."

They also captured some of Horvat's off-ice activities.

"I'm helping (the Knights' Natalie Wakabayashi) out upstairs, doing my co-op with her, kind of helping her out around the office. Helping with some team events," he said.

Friedman, a Western University alumni, said he always enjoys coming back to London for assignments.

Doc ends career where it began

Roy Halladay retires.
Pitching great signs
1-day deal with the
Blue Jays, bids farewell
to life as a player

In the end, Roy Halladay went back to his major-league roots.

Halladay signed a one-day contract with the Toronto Blue Jays on Monday that allowed the veteran right-hander to retire as a member of the team with which he broke into the majors and spent the bulk of his distinguished 16-year career. Halladay made the announcement at a news conference in Lake Buena Vista, Fla., site of the baseball meetings.

"As most people know, I was very lucky to have a lot of people in the organization really develop and help me become the player I was able

to become," Halladay said at a press conference. "And (with) the organization and the support of the organization, from the front office to the coaches to the players, it really turned my career around and it made a big difference in my career and that's why I'm very fortunate to retire as a Blue Jay."

Halladay spent his final four major-league seasons with the Philadelphia Phillies and went to great lengths to express his sincere gratitude to that organization and its fans. However, he also said he wouldn't have been able to get a shot with a World Series contender if not for the Blue Jays.

Halladay was drafted 17th overall by Toronto in 1995 and made his major-league debut three years later as a September call-up.

Halladay amassed a career record of 203-105 in 416 games, 390 being starts, and an ERA of 3.38. **THE CANADIAN PRESS**

Path to greatness

- **1998.** Halladay debuts in the big leagues, winning both of his starts, including a near no-hitter.
- **2000.** He had 10.64 ERA in just 67 innings pitched.
- **2001.** Instead of giving up on him, Toronto sent Halladay to single-A Dunedin to rebuild his pitching mechanics. That was considered the turning point in his career, and he returned to the Jays in July.
- **2002.** Doc went 19-7 with a 2.93 ERA while earning the first of eight all-star selections.
- **2003.** He won his first Cy Young with a spectacular 22-7 record and 3.25 ERA.



Two-time Cy Young Award-winner Roy Halladay announced his retirement after 16 seasons in the major leagues in Lake Buena Vista, Fla., on Monday. **JOHN RAOUX/THE ASSOCIATED PRESS**

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NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	30	20	8	2	84	61	42
Montreal	31	19	9	3	85	65	41
Detroit	31	15	9	7	85	82	37
Tampa Bay	29	17	10	2	80	70	36
Toronto	31	16	12	3	86	87	35
Ottawa	30	11	14	5	86	99	27
Florida	31	9	17	5	70	104	23
Buffalo	30	6	22	2	51	91	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	31	20	10	1	96	70	41
Washington	30	16	12	2	92	85	34
Carolina	30	13	12	5	71	84	31
NY Rangers	31	15	15	1	69	80	31
New Jersey	31	12	13	6	69	77	30
Philadelphia	29	13	14	2	64	73	28
Columbus	29	12	14	3	72	80	27
NY Islanders	30	8	17	5	75	104	21

Monday's results

Philadelphia at Ottawa
Columbus at Pittsburgh
NY Islanders at Anaheim
Carolina at Vancouver

Sunday's results

Minnesota 3 San Jose 1
Chicago 6 Florida 2
Boston 5 Toronto 2
Washington 4 NY Rangers 1
Vancouver 3 Colorado 1

Tuesday's games

All Times Eastern

Los Angeles at Montreal, 7 p.m.
Tampa Bay at Washington, 7 p.m.
Ottawa at Buffalo, 7 p.m.
New Jersey at Columbus, 7 p.m.
Nashville at NY Rangers, 7:30 p.m.
Detroit at Florida, 7:30 p.m.
St. Louis at Winnipeg, 8 p.m.
Chicago at Dallas, 8:30 p.m.
Phoenix at Colorado, 9 p.m.
Boston at Calgary, 9:30 p.m.
Carolina at Edmonton, 9:30 p.m.
NY Islanders at San Jose, 10:30 p.m.

Wednesday's games

Los Angeles at Toronto, 7:30 p.m.
Philadelphia at Chicago, 8 p.m.
Minnesota at Anaheim, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	32	21	6	5	116	89	47
St. Louis	28	19	6	3	98	66	41
Minnesota	32	18	9	5	77	75	41
Colorado	28	20	8	0	82	65	40
Dallas	28	14	9	5	81	80	33
Winnipeg	31	14	13	4	82	88	32
Nashville	30	13	14	3	67	88	29

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	32	20	7	5	101	84	45
San Jose	30	19	6	5	101	75	43
Los Angeles	30	19	7	4	79	62	42
Vancouver	32	17	10	5	86	81	39
Phoenix	29	16	8	5	94	93	37
Calgary	29	11	14	4	78	98	26
Edmonton	31	10	18	3	84	105	23

Note: Two points for a win, one point for overtime loss.

Thursday's games

Montreal at Philadelphia, 7 p.m.
Columbus at NY Rangers, 7 p.m.
Buffalo at Ottawa, 7:30 p.m.
Detroit at Tampa Bay, 7:30 p.m.
Toronto at St. Louis, 8 p.m.
Dallas at Nashville, 8 p.m.
Colorado at Winnipeg, 8 p.m.
Carolina at Calgary, 9 p.m.
NY Islanders at Phoenix, 9 p.m.
Boston at Edmonton, 9:30 p.m.
Minnesota at San Jose, 10:30 p.m.

NFL

Sunday's results

Kansas City 45 Washington 10
Baltimore 29 Minnesota 26
Tampa Bay 27 Buffalo 6
N.Y. Jets 37 Oakland 27
Miami 34 Pittsburgh 28
New England 27 Cleveland 26
Cincinnati 42 Indianapolis 28
Green Bay 22 Atlanta 21
Philadelphia 34 Detroit 20
Denver 51 Tennessee 28
San Diego 37 N.Y. Giants 14
San Francisco 19 Seattle 17
Arizona 30 St. Louis 10
New Orleans 31 Carolina 13
Monday, December 9
Dallas at Chicago, 8:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	18	3	.857	—
d-Miami	16	5	.762	2
Atlanta	11	10	.524	7
d-Boston	10	12	.455	8 ^{1/2}
Detroit	10	11	.476	8
Washington	9	10	.474	8
Charlotte	9	11	.450	8 ^{1/2}
Chicago	8	10	.444	8 ^{1/2}
Toronto	7	12	.368	10
Cleveland	7	13	.350	10 ^{1/2}
Philadelphia	7	14	.333	11
Orlando	6	14	.300	11 ^{1/2}
Brooklyn	6	14	.300	11 ^{1/2}
New York	5	14	.263	12
Milwaukee	4	16	.200	13 ^{1/2}

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	17	4	.810	—
Oklahoma City	15	4	.789	1
d-San Antonio	15	4	.789	1
d-L.A. Clippers	13	8	.619	4
Houston	15	7	.682	2 ^{1/2}
Dallas	13	8	.619	4
Denver	12	8	.600	4 ^{1/2}
Golden State	12	9	.571	5
Phoenix	11	9	.550	5 ^{1/2}
L.A. Lakers	10	10	.500	6 ^{1/2}
New Orleans	9	10	.474	7
Memphis	9	10	.474	7
Minnesota	9	11	.450	7 ^{1/2}
Sacramento	5	13	.278	10 ^{1/2}
Utah	4	18	.182	13 ^{1/2}

x - clinched playoff berth; y - division; z - conference.

Monday's results

L.A. Clippers at Philadelphia
Golden State at Charlotte
Denver at Washington
Orlando at Memphis
Portland at Utah
Dallas at Sacramento
Sunday's results
Boston 114 New York 73
Miami 110 Detroit 95
Houston 98 Orlando 88
Oklahoma City 118 Indiana 94
Toronto 106 L.A. Lakers 94
Tuesday, December 10
San Antonio at Toronto, 7 p.m.
New York at Cleveland, 7 p.m.
Miami at Indiana, 7 p.m.
Minnesota at Detroit, 7:30 p.m.
Oklahoma City at Atlanta, 7:30 p.m.
Boston at Brooklyn, 7:30 p.m.
Milwaukee at Chicago, 8 p.m.
Phoenix at L.A. Lakers, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

Avoid wishful thinking today. Cosmic activity in areas of your chart that deal with self-deception could lead to silly mistakes. Reality is what it is. There is no need to embellish it or wish it were something different.

Taurus

April 21 - May 21

Be careful what you say if someone asks for advice. Make sure what you tell them comes from your experience and is not something you picked up from an unreliable source.

Gemini

May 22 - June 21

You seem to be getting through a lot of work, which is good. But you won't be able to keep up this pace. Think of ways you can ease back a little. You need to stay sharp, both mentally and physically.

Cancer

June 22 - July 23

You don't lack for confidence or ideas but there is a danger today that you could mislead yourself about the true state of your affairs. Think positive by all means but don't let wishful thinking take a hold on you.

Leo

July 24 - Aug. 23

Sit down and have a heart-to-heart talk with someone you care for. A lot has been said and done in recent days, and the time has come to clear the air. Be honest about your feelings.

Virgo

Aug. 24 - Sept. 23

You are in a carefree mood and should cheer up loved ones who do not share your happy-go-lucky outlook. You can't change the world but you can make people smile.

Libra

Sept. 24 - Oct. 23

Can you trust your senses? Most of the time. But today you would be wise to question what your eyes and ears tell you. Are you seeing and hearing what's really there?

Scorpio

Oct. 24 - Nov. 22

Start something new. Yes, you have failed to follow through so many times in the past but this time will be different. What happened to all those big ideas you had? They're still there.

Sagittarius

Nov. 23 - Dec. 21

Your mind may be bubbling with a dozen great ideas but if you try to follow them all, you will get nowhere fast. Decide what is the one aim that means the most to you then put your heart and soul into it.

Capricorn

Dec. 22 - Jan. 20

Make sure you deal only with people who are original today. Some of their ideas may be a little way out for your more traditional tastes but no matter, they will encourage you to try a few creative tricks of your own.

Aquarius

Jan. 21 - Feb. 19

Bring your plans up to date. Sit down with a pen and paper, and write down your top three objectives. Then map out how you are going to get from where you are now to where you want to be.

Pisces

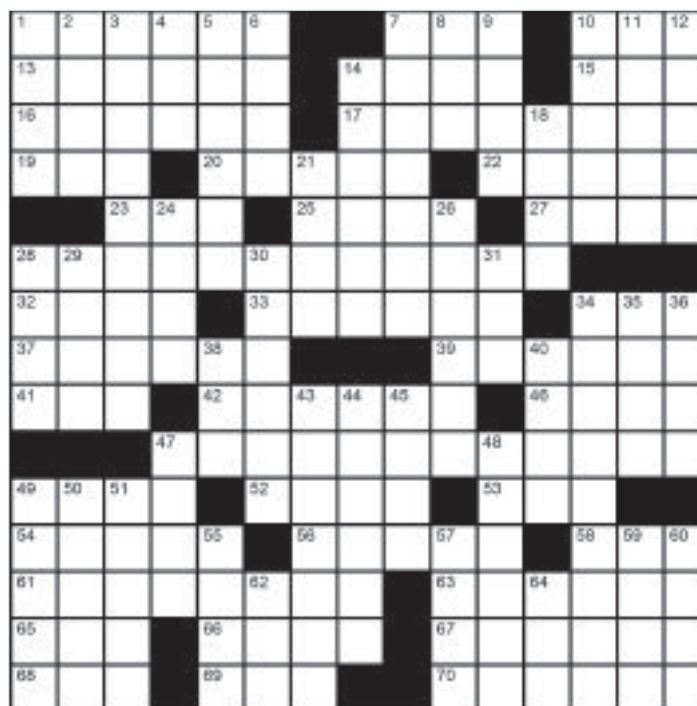
Feb. 20 - March 20

If you are thinking of taking a trip, that's good, but keep your plans flexible. Last minute changes are more likely than not over the next 24 hours, so be prepared. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Return to a place: 2 wds.
7. Wildebeest
10. Ferrell's festive flick
13. "The Middle" star Patricia
14. Pictured
15. Ms. Leoni
16. Use sticky stuff then decide to peel away from it
17. Valley on Vancouver Island; also, a beautiful sweater from there
19. Crop
20. Persist
22. An 'it'
23. Here: French
25. Associations [abbr.]
27. Pretends
28. Lake Manicouagan in Quebec is ring-shaped because it's a what from 215 million years ago?: 2 wds.
32. Car's need
33. Canadian author Mr. Choy
34. "___, ___ don't." (Retort to "Yes, you do.")
37. "The ___ Know" by Collective Soul
39. Nice
41. Nav. designation
42. "Clever fellow!": 2 wds.
46. Has to pay



47. Leader of the Green Party of Canada: 2 wds.
49. Gumbo ingredient
52. Pre-midnight, ___ 'clock
53. One: Spanish
54. De-crease
56. Repenters
58. Tea, in Tadoussac

61. English folklore hero: 2 wds.
63. Old Testament's Book of ___
65. Disney deer
66. Latin hymn: "Dies ___"
67. Aviators
68. Actor Mr. Shepard
69. No ___ intended

70. ___ identity
- Down**
1. Ra's al ___ (Batman foe)
2. Prefix meaning 'Wine'
3. Kilt-wearing musicians
4. Nfld's ocean
5. Daytime talk host

- Katie
6. Human 'cap' site
7. Hannah ___, Canadian singer
8. ___ and improved
9. Division
10. Moral principle
11. Resembled the Tower of Pisa
12. Dracula costume

- must-haves
14. Move along quickly
18. Overdo, as steak
21. ___-Cola
24. Ring up
26. Stuff with food
28. "Don't mind ___ do." (That'd be great for us)
29. Subatomic particle
30. Dusky
31. WSW opposite
34. Mary, on December 25th, way back when: 2 wds.
35. Vitamins brand, ___ Day
36. ___-bitsy
38. Internet hookup letters
40. Mindy of "The Facts of Life"
43. Canada's men's Olympic hockey team GM, Steve ___
44. "The Blue ___" by Johann Strauss
45. Hautbois
47. Direction
48. Scrap
49. Chose
50. Sweden's money
51. House-selling company
55. Boat
57. Sporty whistle blowers
59. Present
60. Once, poetically
62. South American country, for short
64. ___-Tac-Toe

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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